



June 9, 2008

FOR IMMEDIATE RELEASE

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Legislators recognized for walking the talk of good health

(Olympia, Wash.) – Six state legislators, three of them representing eastern Washington, helped earn thousands dollars for local schools for their participation in the *Move It* walking challenge. Asuris will present \$5,500 in grants this week on behalf of local legislators to the following eastern Washington schools:

- Jefferson Elementary, Richland, Wash. – Wednesday, June 11 at 9:30 a.m.
- Westview Elementary, Spokane, Wash. – Friday, June 13 at 9:30 a.m.
- Adams Elementary, Spokane, Wash. – Friday, June 13 at 11:45 a.m.

The 2008 legislative challenge took part during this year's Washington State Legislative Session. With the rising rate of childhood obesity, Asuris began the *Move It* program in 2005 as a way for leaders to demonstrate healthy behaviors to the public and set a good example for the next generation. During the challenge, state legislators wear pedometers to track their steps.

The legislators who took the most steps earned donations for schools in their districts for health-related programs or initiatives.

The three legislators who walked the farthest earned \$3,500, \$2,500 or \$1,500, depending on their finishing place, for a school in their respective legislative district. Three honorable mention awards of \$1,000 were also given.

Eastern Washington legislators won three of the six awards. The 2008 first place winner was Sen. Chris Marr (D-Spokane) from the 6th Legislative District. Asuris will present a \$3,500 check to Adams Elementary Friday, June 13 on behalf of Sen. Marr.

Eastern Washington legislators Rep. John Ahern, (R-Spokane) 6th Legislative District, and Rep. Jerome Delvin (R-Richland) 8th Legislative District, received Honorable Mention awards, and earned \$1,000 each for Spokane's Westview Elementary and Richland's Jefferson Elementary.

About Asuris Northwest Health

Asuris Northwest Health offers a full range of health care coverage options, including dental coverage, for eastern Washington employers and individuals. We also offer Medicare supplemental plans and Medicare Part D prescription drug coverage, and provide member access to more than 20,000 health care providers. Asuris is committed to improving the health of our members and our communities, and to transforming our health care system. For more information, please visit www.asuris.com. Asuris Northwest Health, a not-for-profit health plan, is a subsidiary of Regence BlueShield, a leading health plan in Washington.

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